How to make the best Jamaican Oxtail

A great tasting Jamaican recipe that my family makes almost every Thanksgiving tastes even better when mixed with the butter beans. This is a recipe that my mom and grandma make. Mix water and vinegar and wash the oxtails to remove any raw smells then place the oxtail meat in a pressure cooker http://kona.kontera.com/javascript/lib/imgs/grey_loader.gifwith the soy sauce and the paprika with no salt. Add about 3-4 cups of the water and pressure cook the oxtail until the cooker reaches maximum levels then cook for about 3 more minutes than allow the pressure cooker to cool. Next in a medium sized sauce pan add seasonings with a tablespoon of oil and sauté for about 1 ½ minutes. Next add the Oxtail and the butter beans, then cover and cook down for about 3-5 minutes on a low stove. Next remove and then serve. Don’t serve this recipe with a lot of gravy, it does not work well. 2 lb. Oxtail, 1 large onion, (chopped) 1 large green bell Pepper (chopped) 1 tbsp Paprika 2 tbsp. Salt or Seasoned Salt 3 Carrots (cleaned and chopped) 1oz. Jamaican Browning, 1 can Butter Beans, 2 clove Garlic, 4 stalks thyme, 6 Pimento Berries (Allspice), 1 oz. Vinegar. Before we start making this stew, I must bring to your attention that there are different ways to make Jamaican-style oxtails, according to my mom and grandma style. The method presented here is one of the ways we know will give you the “seasoned gravy taste.” Another thing, if you cook oxtails very often, let’s say twice per week you should invest in a pressure–cooker. A 14 quart or 20 quart would make you a lot of oxtails in a week.

Finally, trim the extra fat from the meat if there is any. Wash oxtails in cold water/vinegar solution. Put the oxtails in the pressure-cooker with the browning, paprika, and salt. Add 4 cups of water to the pot. Place the pot on the fire and turn the fire to high. Allow the meat to cook under this high pressure for a limited time. Here’s how, wait until the pressure builds up to its maximum point and use your timer or clock to measure two minutes cooking time at maximum pressure. Turn off the fire and wait another minute. **DO NOT REMOVE THE POT COVER.** The reason that you’ll get burn because of the amount of pressure is in the pot. Slowly remove the pot from the heat source. You can also put the pot in the kitchen sink and run cold water on it; let it cool fast. When the pot is cool enough, carefully remove the cover and pour the contents into a saucepan. Turn the fire to medium and cook the oxtails until they are medium soft, or soft. Taste the gravy; now add salt to taste if needed. If the textures of the oxtails are the way you want them to be, add the rest of the ingredients, except the butter beans. The butter beans should be added two minutes before you finish making this stew. When the stew is ready, you may serve it with White Rice, Rice and Peas, Pasta, Bread, or Yams and Dumplings.

As concluded, the cooking time for the Jamaican oxtails should take about an hour and a half. That’s a lot less than the usual 4 to 5 hours it takes to cook oxtails. And the type of oxtails you use can lessen the amount of time it takes when preparing this dish. It can also be served with rice and beans or white rice. My family normally served it with rice and beans every time. That my favorite dish every Thanksgiving and occasionally.